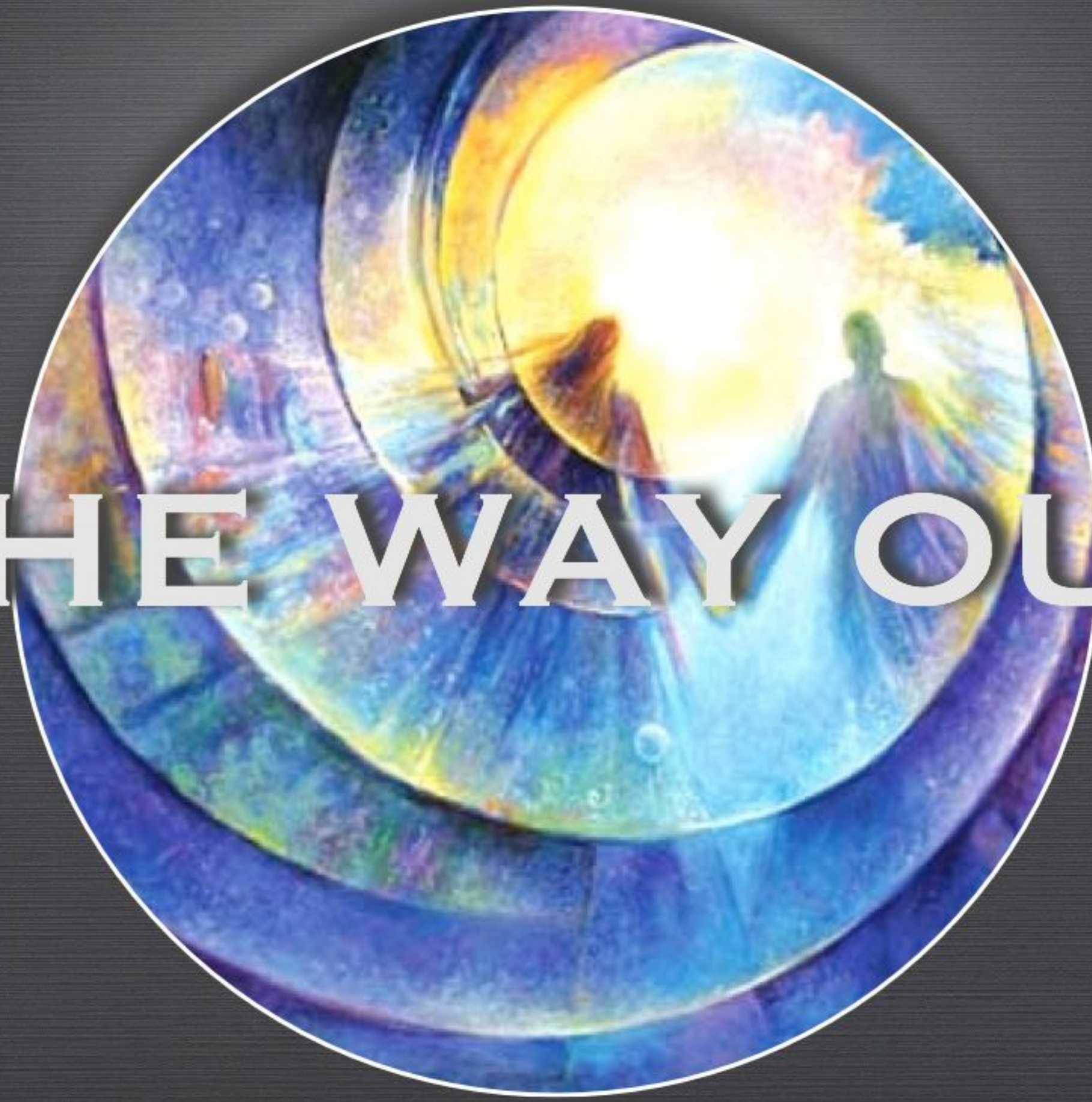


THE WAY OUT

Grassroots Solutions
For Real & Positive Change

- Heal Worldview
- Non-Support Of Dominators
- Change Quality Of Attention
- Develop Mindfulness
- Develop True Present Moment Awareness
- Use Of Entheogens In conscious context
- Change Diet
- Positive Thinking
- Detach From Monetary System
- Help others to awaken

CHANGE DIET

How Our Quality Of Food Intake Affects Our World

PURE
Food & Water

POISONOUS
Food & Water

Food Intake

INDIVIDUALS

Food Intake

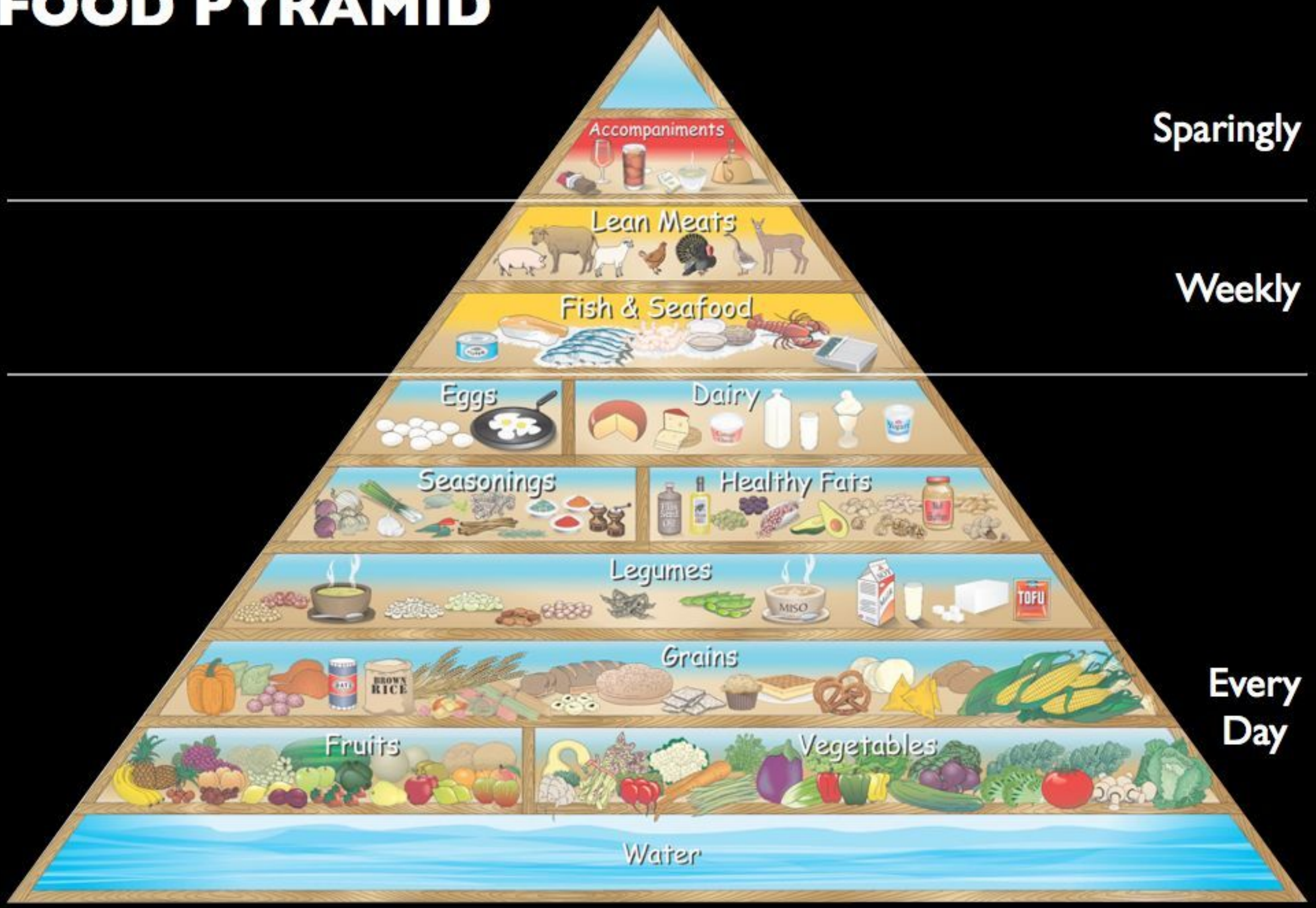
Output Through Behavior

Output Through Behavior

The WORLD

ORGANIC
3.12
ORGANIC
1.81
ORGANIC
4.43
ORGANIC
5.06
3.25
.92
.95
1.45
1.81
ORGANIC
3.11
Lettuce
Lettuce

FOOD PYRAMID



Sparingly

Weekly

Every Day

Food's Relationship To Matter & Energy

Density	State Of Matter	Correspondence
Rarer ↑ ↓ Denser	**GAS / PLASMA**	Air / Fire
	LIQUID	Water
	SOLID	Earth

What's In Our Refrigerator?

All Organic: Green Juice, Spinach, Kale, Celery, Romaine, Cucumbers, Parsley, Bok Choy, Cilantro, Carrots, Tomatoes, Radishes, Turnips, Beats, Blueberries, Grapes, Apples, Oranges, Grapefruit, Pineapple, Lemon, Lime, Coconut, Mint, Squash Soup, Chia Seeds, Flax Seeds, Hemp Seeds, Flax Oil, Hemp Oil, Almond Milk, Kombucha